

LifeSpan Integrated suicide prevention



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LifeSpan
Integrated
Suicide
Prevention



**Black Dog
Institute**

Need for an integrated approach



Males are
3 times
more likely to die by
suicide than females



Suicide rates of
Indigenous Australians is
at least twice that
of non-Indigenous Australians



There has been a
20% increase
in the number of suicides
over the past decade



Suicide is the
**leading cause
of death** for
Australians aged 15-44

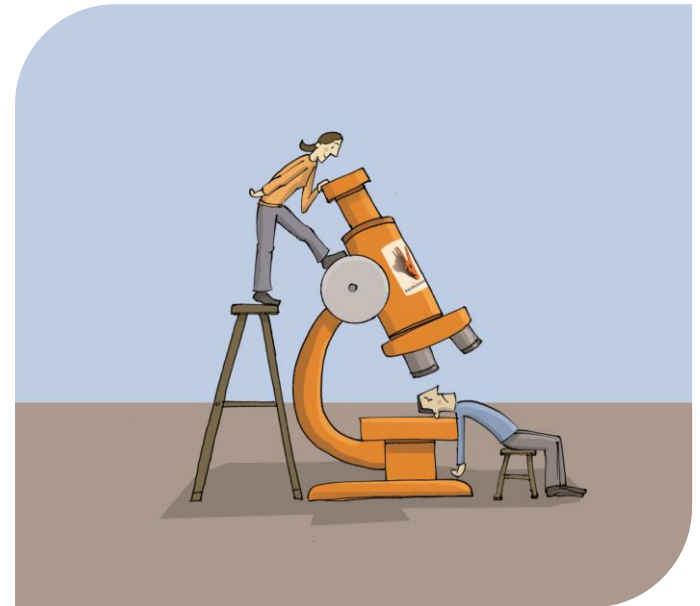
Evidence for a Systems Approach

The While study (1997-2006)

- found that health trusts that implemented more of the nine service reforms showed larger reductions in suicides (While et al 2012).

The Nuremburg Alliance Against Depression (NAAD)

- 24mth community-based intervention, 4 levels (primary care cooperation; community awareness; training of community facilitators and high-risk groups; and self-help.
- 12mths post intervention: 32% reduction in suicidal acts vs 2000 rate (Hergerl et al 2013).



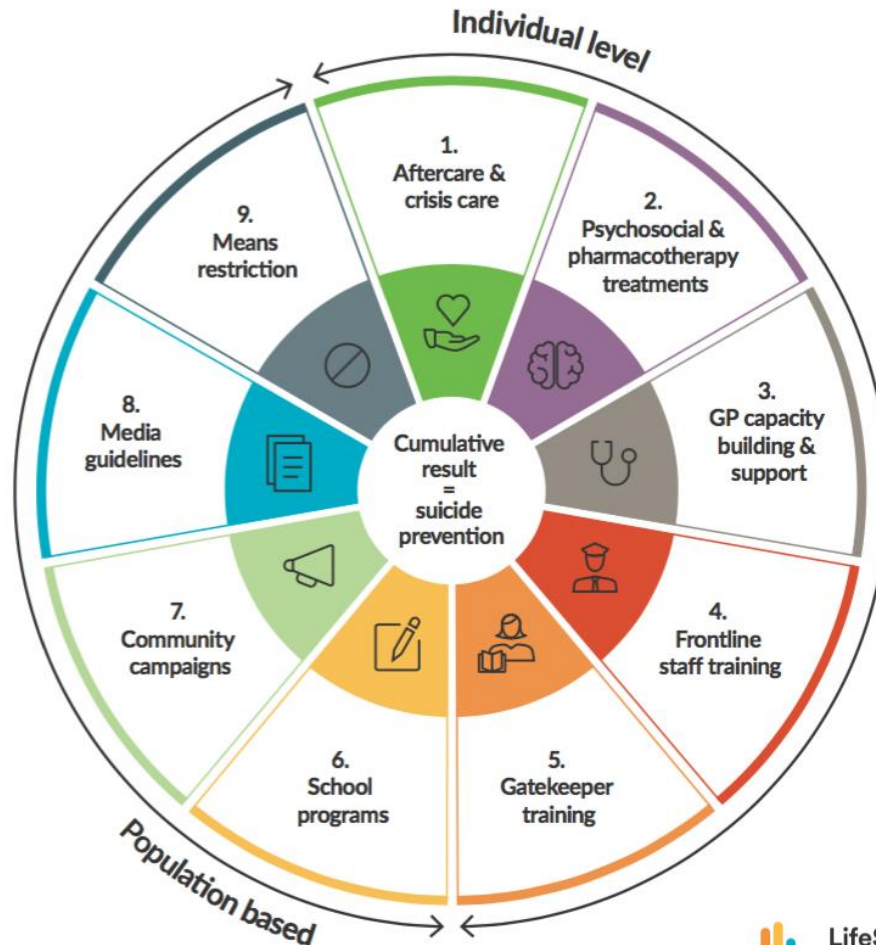
Evidence for a Systems Approach

Using the same principles as the NAAD, the European Alliance Against Depression (EAAD) was similarly successful in a Hungarian trial.

- Annual suicide rate in the intervention region decreased from 30.1 per 100,000 in 2004 to;
- 13.2 per 100,000 in 2005,
- 14.6 in 2006, and;
- remained as low as 12.0 in 2007 (one year after the intervention)

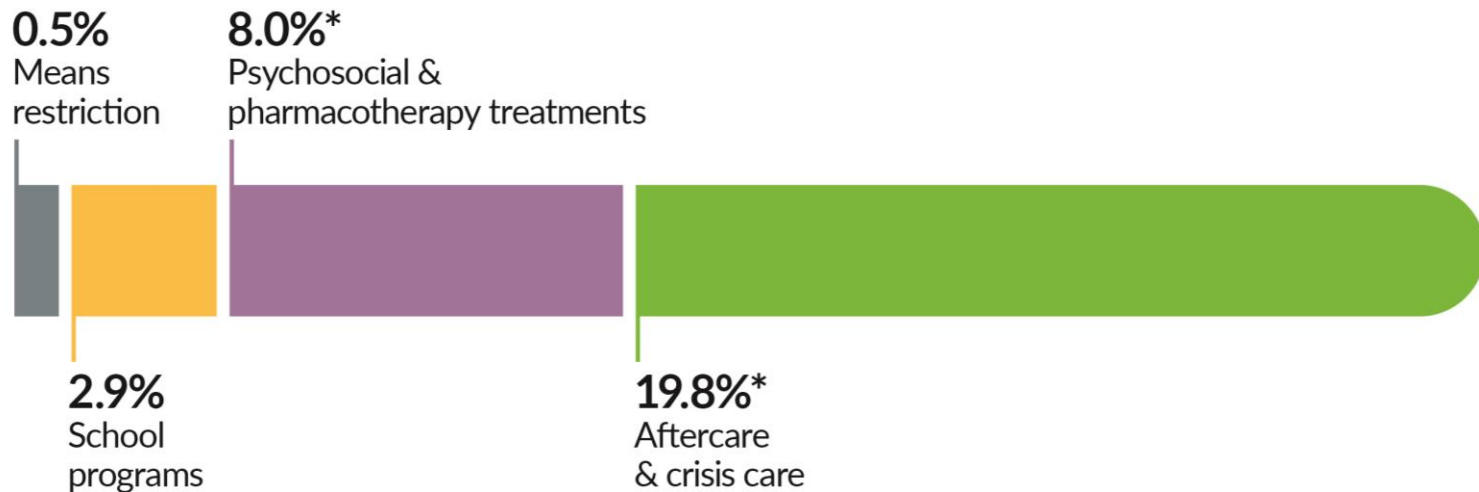
In comparison, annual suicide rates decreased by 10% nationally and increased by 2% in the control region (Székely et al 2013).

Nine evidence based strategies



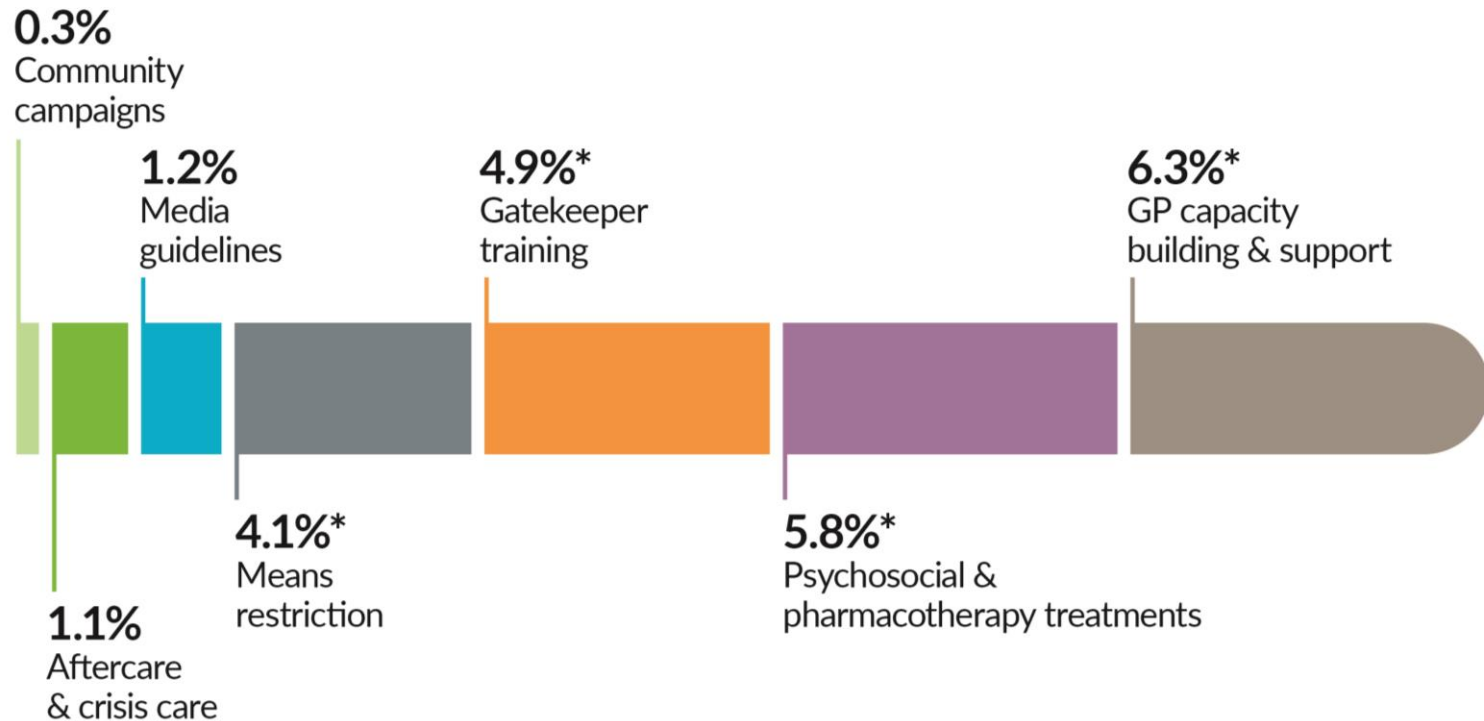
Estimated reduction in attempts

*Priority strategies for reducing suicide attempts



Estimated reduction in deaths

*Priority strategies for reducing suicide attempts



Core features of a Systems Approach

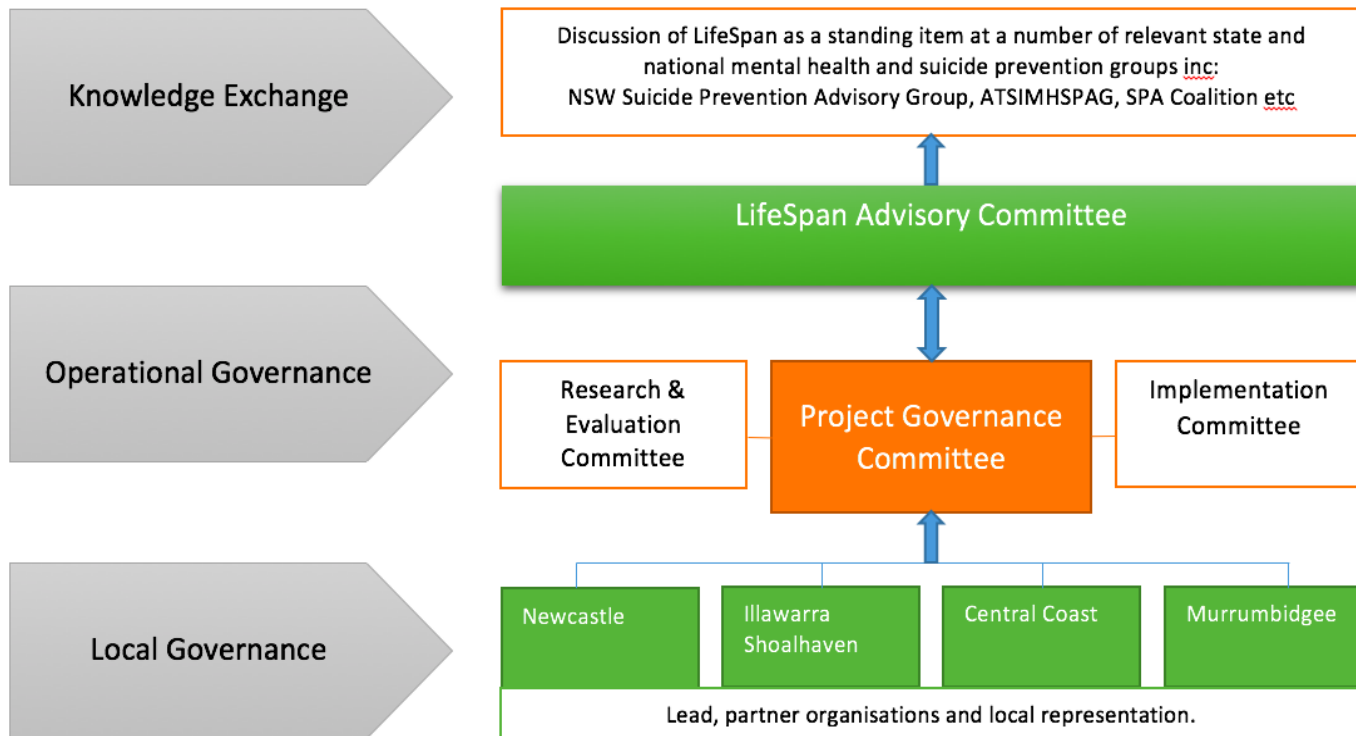
- Collaboration between government, non-government, health, business, education, research and community agencies and organisations
- Defined region
- Implementing nine evidence-based strategies, simultaneously. Sustainability and long-term commitment



Main elements of LifeSpan

1. Establish multi-agency suicide prevention group
2. Engage Lived Experience and community
3. Suicide audit to identify hotspots and trends
4. Review existing services, training against LifeSpan
5. Develop multi-agency integrated suicide prevention plan
6. Implement change management, new programs
7. Evaluation

LifeSpan Governance



LifeSpan trial in NSW

- Aim: to lower suicide by 20% and demonstrate a causal relationship with the Systems Approach.
- Funded through \$14.7m grant from the Paul Ramsay Foundation
- Sites selected via EOI on the basis of readiness and capacity.
- Local health district, PHNs and Community service providers partnering in each region.

Site / (Local Government Area)	Lead agency
Newcastle (Newcastle)	Hunter Alliance
Illawarra Shoalhaven (Wollongong, Shellharbour, Kiama and Shoalhaven)	Coordinare – the South East NSW PHN
Central Coast (Gosford & Wyong)	Central Coast LHD
Murrumbidgee (Bland, Cootamundra, Griffith, Hay, Junee, Leeton, Tumut Shire, Wagga Wagga, Young)	Murrumbidgee PHN

Implementation Timing

	2016				2017								2018								2019								2020																							
	O	N	D	J	F	M	A	M	J	J	A	S	O	N	D	J	F	M	A	M	J	J	A	S	O	N	D	J	F	M																						
Newcastle	Establishment From Oct '16				Implementation Year 1 From Apr '17								Implementation Year 2 From Apr '18																																							
Illawarra Shoalhaven				Establishment From Feb '17				Implementation Year 1 From Aug '17								Implementation Year 2 From Aug '18																																				
Central Coast							Establishment From Jun '17				Implementation Year 1 From Dec '17								Implementation Year 2 From Dec '18																																	
Murrumbidgee											Establishment From Oct '17				Implementation Year 1 From Apr '18								Implementation Year 2 From Apr '19																													
School terms NSW	Term 4 10 Oct – 16 Dec				Term 1 Jan 27 – 07 Apr				Term 2 24 Apr – 30 Jun				Term 3 17 Jul – 22 Sep				Term 4 09 Oct – 19 Dec				Term 1 30 Jan – 13 April				Term 2 24 Jul – 28 Sep				Term 3 15 Oct – 19 Dec				Term 4 30 Jan – 12 Apr				Term 1 30 Apr - 5 Jul				Term 2 3 23 Jul – 27 Sep				Term 3 4 14 Oct – 18 Dec				Term 4 129 Jan – 09 Apr			

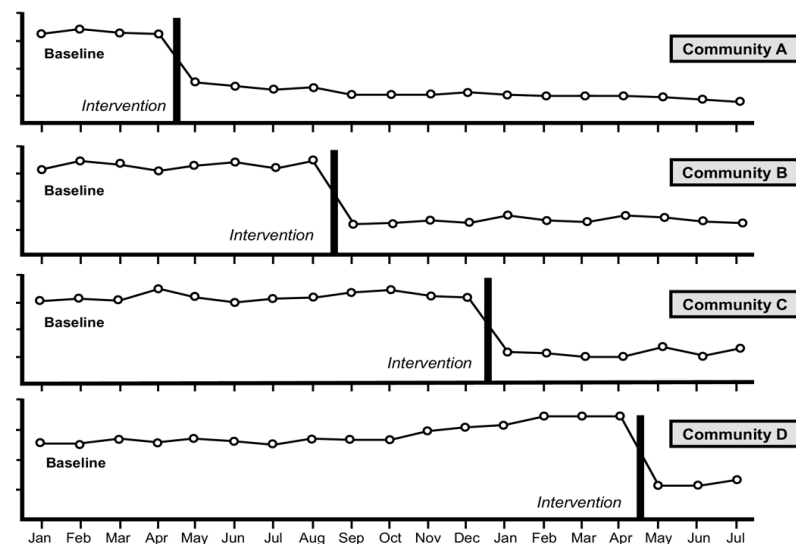
Research and Evaluation design

Measuring:

- Reductions in suicide deaths and attempts
- Impact on suicide literacy
- Implementation effectiveness
- Economic impacts

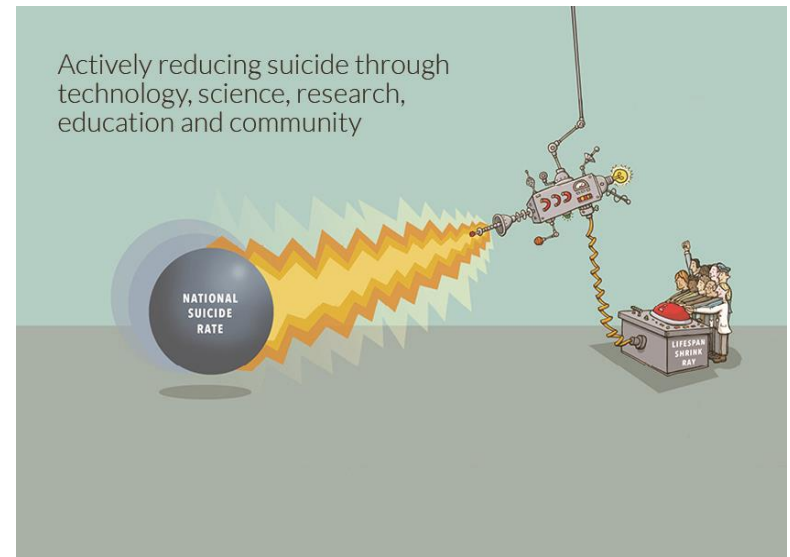
Timing:

- Sequential roll out from Oct 16, four months between each site.



Nothing about us, without us

- Lived Experience research and consultation to produce specific, measurable and practical guidance on how to meaningfully engage people with a lived experience in co-design and delivery.



Review of Services

- It is critical to develop an understanding of existing services within each region to tailor the delivery of interventions
- The aim of the review of services is to map the capacity, skills, and collaborative arrangement of services within sites
- This information will also be shared with sites to assist in local planning

Thank you.

For more information, please contact us at:
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